

## Land and Water Drop-In Fitness Classes

Over 30 different types of land and water drop-in fitness classes are offered between the three different facilities: Centennial Pool, the Longmont Recreation Center, and the St Vrain Memorial Building. A full listing of class descriptions and schedules can be found at each of the recreation facilities and online at [www.LongmontColorado.gov/rec](http://www.LongmontColorado.gov/rec). Unless otherwise noted, drop-in fitness classes are included with general admission.

### No Regular Fitness Classes:

Monday, May 25; Saturday, July 4; & Monday, September 7

### Special Fitness Classes:

**Aqua ZUMBA®** Saturday, July 4, 9-10am at Sunset Pool

**New to NIA**, Sat, May 16, 1-2:15pm at the Longmont Recreation Center

Learn the theory and steps for any NIA class. It's cardiovascular, energizing, creative and just plain fun!

Instructor: Marcia Babcock

**Group Fitness Instructors WANTED.** Must have certification. Apply online @ [www.LongmontColorado.gov](http://www.LongmontColorado.gov)

### Jazzercise

Aerobic dance, Yoga, Pilates and Kickboxing movements set into a fun routine. Please check in with Jazzercise-separate table will be set up for them. For info call 720-494-0312.

Drop-in \$8/class; passes available.

MWF 9:15-10:15am @ Longmont Recreation Center

### Quick Fit

\$3 resident/ \$3.50 non-resident Quick Fit Workouts are available at Centennial Pool, exclusively to parents of learn-to-swim classes while their children swim, and at the St Vrain Memorial Building, exclusively to parents of tumbling classes while their child is in class.

### HydrO2ga

A meditative, no-impact, high resistance, deep water exercise program that does not use floatation devices.

18 & up: Sundays, 11am-12pm

Dates: Apr 12, 26; May 3, 17, 24

Location: Centennial Pool, 1201 Alpine St

18 & up: Sundays, 11:30am-12:30pm

Dates: Jun 14, 21, 28; Jul 12, 19, 26; Aug 9, 16, 23, 30

Location: Sunset Pool, 1900 Longs Peak Ave

Instructor: Phyllis Tucker

Daily Fee: \$10 resident/ \$12.50 non-resident

## SilverSneakers® Fitness Program

SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. The program includes facility amenities and group fitness classes as well as unlimited access for daily admission. SilverSneakers® group classes offer the best opportunity to stay on track toward your health and fitness goals. The SilverSneakers® fitness passes are good at the Longmont Recreation Center, Centennial Pool, and St. Vrain Memorial Building. To find out more call Heather @ 303-774-4718 or stop into the Longmont Recreation Center and get signed up!



### SilverSneakers® Orientations

Facility orientations for SilverSneakers® participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times: May 7, Jun 4, Jul 2, Aug 6, Thurs, 9am  
May 21, Jun 18, Jul 16, Aug 20, Thurs, 2pm

Location: Longmont Recreation Center, 310 Quail Road

Fee: FREE, however pre-registration is required

### SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

### SilverSneakers® Cardio

Get Up& Go with an aerobics class for you-safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

### SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

### SilverSneakers® Yoga

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### SilverSneakers® Splash

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

**55+, see the GO for additional wellness activities at [www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)**

Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10am <b>Yoga</b>	8:45-9:30am <b>Classic</b>	9:15-10am <b>Yoga</b>	8:45-9:30am <b>Classic</b>	10:15-11am <b>Yoga</b>
10:15-11am <b>Splash</b>	9:35-10:20am <b>Circuit</b>	10:15-11am <b>Yoga</b>	9:35-10:20am <b>Circuit</b>	11:15-12pm <b>Yoga</b>
		1:30-2:15pm <b>Cardio</b>	10:15-11am <b>Splash</b>	

## Open Water & Triathlon Training

### Swim Technique for Swimmers and Triathletes

Learn better technique with former USA Triathlon head coach and world-class endurance sport educator Marc Evans. A format that teaches ground-breaking principles to learning swimming technique based upon his pioneering and highly regarded books on endurance sport training, education and technique teaching. Every person and level is welcome.



18 & up:	Apr 15-May 6, Wed, 12-1pm	223912.2
	May 13-Jun 3, Wed, 12-1pm	223912.3
	Jun 10- Jul 1, Wed, 12-1pm	323912.1
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$65 resident/ \$81.25 non-resident	

### Open Water Swimming Skills Course

Consecutive day open water skills; sighting, drafting, starts, buoys, intensity control, exits, straight line navigation, economical and efficient strokes, breathing, moderate distances, anxiety and unease, safety and world-class techniques to help swimmers of ALL levels improve and be comfortable.

#### Weekday Skills Course – Women Only

18 & up:	Jun 2 & 3, Tue & Wed, 6-7:30pm	303913.1A
	Jul 7 & 8, Tue & Wed, 6-7:30pm	303913.1B
	Aug 4 & 5, Tue & Wed, 6-7:30pm	303913.1C

### Personal Training Policy

The Longmont Recreation Center, St Vrain Memorial Building, Sunset Pool and Centennial Pool are City of Longmont operated and insured facilities. Therefore, only City employees can perform Personal Training, swim lesson instruction, and other coaching within City facilities.

### Personal Training

Training can include core and balance training, basic weight training, nutrition advice and muscle building. Individual workout programs can be designed to fit all your fitness needs. Call the Longmont Recreation Center at 303-774-4800, St Vrain Memorial Building at 303-651-8404, or Centennial Pool at 303-651-8406 for more information. Days and Times by appointment.

Fees: Private Semi-Private

1 session- \$45/ \$57	1 session- \$55/ \$69
5 sessions- \$200/ \$250	5 sessions- \$250/ \$313
10 sessions- \$350/ \$438	10 sessions- \$450/ \$563

### Fitness Assessment and Orientation

Designed for those who just want to take the first step and don't know where to start! Fee includes: health history screening, 30-minute consultation, personalized fitness profile and weight room orientation. Call the Fitness Coordinator at 303-774-4752 for more information and get your program set up today!

Fee: \$30 resident / \$38 non-resident

Location: Longmont Recreation Center, 310 Quail Rd

### Weight Room Orientations

Please call the Longmont Recreation Center at 303-774-4800, Centennial Pool at 303-651-8406 or the St Vrain Memorial Building at 303-651-8404 for orientation class dates and times. 14 years and older.

### Triathlon Training Weekends

Includes both distance and high level technique teaching on consecutive days. All levels are welcome. A detailed itinerary with meeting locations, timeframes and training specifics is available online (LongmontColorado.gov/rec,keyword "marc")



#### Sample Itinerary:

Day 1:	Swim 3000, Bike 2.5 hr., Run .5 hr.
Day 2:	Run technique track 2 hr., Swim 4400, Run 1.5-2 hr
Ages 18+:	Sat & Sun, all day (3-4+ hours each day)
May 16-17:	203914.2
Jun 6-7:	303914.1
Jul 4-5:	303914.2
Instructor:	Marc Evans
Location:	Varies-locations emailed out the week prior
Fee:	\$195 resident/ \$243.75 non-resident
Sat ONLY Fee:	\$125 resident/\$156.25 non-resident

### Weekend Intensive – Coed

18 & up:	May 23&24, Sat & Sun, 8:15-10:15am	303913.2A
	Jun 27 & 28, Sat & Sun, 8:15-10:15am	303913.2B
	Jul 25 & 26, Sat & Sun, 8:15-10:15am	303913.2C
Instructor:	Marc Evans	
Location:	Union Reservoir, 0461 Weld Country Rd 26	
Fee:	\$49 resident/ \$61.25 non-resident	
	(fee includes admission to Union Reservoir)	
One Day Fee:	\$30 resident/\$38.50 non-resident	

## Break-Free Wellness Classes

Instructor:	Bart Thurman, FDN & IIN Certified Nutrition Practitioner and Health Coach
Location:	Longmont Recreation Center, 310 Quail Rd
Fee:	\$12 resident/15 non-resident

### Natural Detoxification

Nutrition for Cleansing Your Body. Learn to support and stimulate your body's natural detoxification systems. Make sure you have more pesticides, heavy metals and other toxins going out than coming in for optimal health.

18 & up:	Jun 10, Wed, 6:30-8pm	343510.06
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### Put Out the Fire! Eliminate Food Sensitivities

The latest science links inflammation to literally all modern chronic health problems. Eating foods that you react to (much of the time unknowingly) contributes to this inflammation and is a source of unnecessary suffering that can lead to disease. Learn to identify yours for optimal health.

18 & up:	Jul 18, Wed, 6:30-8pm	343510.07
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### The 5 Critical Pillars of Health

Learn to restore your body's innate ability to heal itself and lose weight naturally—for life. Symptoms like weight issues, low libido, poor energy, brain fog, achy joints, etc., are NOT normal. It's up to you to live strong. Empower yourself, you have control. Break-free.

18 & up:	Aug 5, Wed, 6:30-8pm	343510.08
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## Intro to the Longmont Triathlon

Designed to answer all your triathlon swimming, biking, and running questions while getting you ready to race the Longmont Triathlon!

16 & up: Sat, 10am-12pm  
 Apr 25, Intro to Triathlons 223620.1  
 May 2, Swimming, Biking, and T-1 223621.2  
 May 9, Biking, Running, and T-2 223622.3  
 Instructor: Courtenay Patterson  
 Location: Centennial Pool, 1201 Alpine St  
 Fee: \$25 (one clinic), \$40 (2 clinics); \$50 (all 3)

**Intro to Triathlons:** Overview of triathlons; discussion of the 3 disciplines; what to expect on race day.

**Swimming, Biking and T-1:** Learn proper race swim etiquette; bike basics (changing a flat, eating/drinking on the bike); and transition area tips. Bring swim and bike gear.

**Biking, Running and T-2:** Discuss bike and run race techniques, practice transitions. Bring swim, bike and run gear.

## Open Water Swim Clinic

Become more comfortable swimming an open water swim or open water Triathlon. Sighting, mass starts and swimming around buoys are covered. \*Fee does not include gate fee for Union Reservoir \$8/car.

18 & up: Jul 11, Sat, 8:30-10:30am 320764.1  
 Instructor: Robert Curtis  
 Location: Union Reservoir, 0461 WCR 26  
 Fee\*: \$25 resident/ \$31 non-resident

## Women's Safety Awareness

Class covers: Awareness theory, stalking methods used by predators, common myths regarding where and when we are safe, home safety tips, traveling safety tips & easily obtained tools that can be used for your defense. Includes some simple and effective defensive techniques taught by Longmont Police Officers.

13 & up: May 12, Tue, 6:30-8:30pm 247124.B  
 Aug 4, Tue, 6:30-8:30pm 347122.A  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$5 resident/\$6.25 non-resident

## TRX

Strength, core and more! This energetic workout is for all abilities and complements any exercise or racing program.

Location: Centennial Pool, 1201 Alpine St  
 16 & up: Apr 13-May 21  
 Days/Times: Mon & Wed, 8:15-9am 223502.1C  
 Mon & Wed, 5:30-6:15pm 223502.2C  
 Tue & Thurs, 8:15-9am 223512.1C  
 Tue & Thurs, 5:45-6:30pm 223512.2C  
 Fee: \$30 recreation pass holders /\$43 non pass holders  
 16 & up: Jun 1-Jul 2; Jul 13-Aug 13  
 Days/Times: Mon & Wed, 5:30-6:15pm 323502  
 Tue & Thurs, 5:45-6:30pm 323512  
 Fee: \$25 recreation pass holders /\$32 non pass holders

## TRX for Teens

Build strength and develop good core to help you improve in a sport or just everyday activities. By utilizing your own body weight, the TRX Suspension Trainer is accessible for all fitness levels.

11 to 17 yrs: Jun 1-Jun 24, Mon & Wed, 4:30-5pm 323531.1  
 Jul 6- Jul 29, Mon & Wed, 4:30-5pm 323531.2  
 Location: Centennial Pool, 1201 Alpine St  
 Fee: \$15 resident / \$24 non-resident

## Paddleboard Yoga

Bring your yoga to the water! Enjoy 1 ½ hours of Stand Up Paddleboard (SUP) Yoga taught by Rocky Mountain Paddleboard. Focus on connecting your body and mind with the water and surrounding mountain scenery.

18 & up: May-Sept, Sun 8:30am and every other Fri 6pm  
 Location: Union Reservoir, 0461 Weld Country Rd 26  
 Fee: \$35 Register: rockymntnpaddleboard.com

## Beginning Paddleboard Lessons

Learn how to stand up paddleboard! Rocky Mountain Paddleboard teaches the basics of how to properly stand, paddle and have fun on a paddleboard with one on one instruction.

18 & up: May-September  
 Days/Times: Thurs 6-8pm, Sun 9:30-11:30am,  
 or Sun, noon-2pm  
 Location: Union Reservoir, 0461 Weld Country Rd 26  
 Fee: \$75 Register: rockymntnpaddleboard.com

## Meditation Workshop

Learn the benefits of meditation and how the body and brain are affected. Experience moving, sound, and guided meditation. For beginners and experienced alike.

16 & up: July 18, Sat, 3-5pm 313902.1A  
 Instructor: Marcia Babcock, PhD, CPT,  
 Nia Black Belt Instructor  
 Location: Longmont Recreation Center, 310 Quail Rd  
 Fee: \$10 resident/\$12.50 non-resident

## Introduction to Meridian Tapping

Learn the history of tapping and how it's being used as a powerful self-care tool to relieve emotional and physical pain. Come and experience meridian tapping for yourself! Learn more at tappingguidance.com.

15 & up: Mon, Jun 22, 6:30-8pm 347103.A  
 Instructor: Rev. Joyce Jay  
 Location: St Vrain Mem Bldg, 700 Longs Peak Ave  
 Fee: \$15 resident/\$18.75 non-resident

## TRX Force

This progressive Tactical Conditioning Program helps people of all fitness levels safely develop the strength, power and core stability needed to do their jobs. TRX Force helps develop the resilience tactical athletes need to go the distance.

18 & up: May 28- Aug 10, Mon & Thurs,  
 8:30-9:30am 323512.1A  
 Location: Centennial Pool, 1201 Alpine St  
 Fee: \$60 recreation pass holders / \$86 non pass holders

## Progressive TRX

This class focuses on building strength, flexibility and functionality, while incorporating stretching and core work. Each class builds upon the previous, allowing you to learn TRX in a gradual, progressive manner.

16 & up: May 26- Jun 26, Tue & Fri, 8:30-9:30am 323512.1B  
 Jul 7-Aug 7, Tue & Fri, 8:30-9:30am 323512.2B  
 Location: Centennial Pool, 1201 Alpine St  
 Fee: \$25 recreation pass holders /\$32 non pass holders





## Yoga

**Yoga students:** Please bring your own yoga mat, if you have one. Yoga drop-in students are welcome. Please purchase drop-in pass in advance for drop-in dates online, at the St Vrain Memorial Building, or the Longmont Recreation Center. Monthly registered participants have priority and will be notified by e-mail of any changes.

Monthly registrants enjoy \$2 discount per class; partial months are charged at drop-in rate.

Drop-in fee: 1.25 hour classes: \$10 resident/ \$12.50 non-resident  
1.5 hour classes: \$12 resident/ \$15 non-resident;  
2 hour classes: \$13 resident/ \$16.25 non-resident

### Alignment Based Yoga – Mon 4:30pm

This class emphasizes anatomical alignment for safety. Thoughtful sequencing helps prepare your body for poses that improve strength, balance, flexibility. Accurate alignment keeps the spine and joints healthy; a slow, focused style deepens your awareness, releases physical and mental tension, and leaves you renewed. 1.25 hour class.

### Wellness Yoga – Mon 5:30pm, Thurs 5pm

Enjoy Yoga in a safe, relaxing and uplifting atmosphere. Increase balance, flexibility, and strength in body/mind. Experience greater peace and joy. Yoga is a vehicle for deepening the connection between body, mind & Soul and serves as recourse for personal growth and healing. 1.25 hour class.

### Slow-Mo Yoga Flow – Tues 9:15am

Slow-Mo Yoga Flow introduces vinyasa flow yoga in ways that students of all levels can do. The pace of poses is slow and continuous, allowing students to readily follow the sequences and maintain their optimal form. Increased stamina, flexibility and confidence are the result. 1.5 hour class.

### Gentle Yoga – Wed 10:30am

This class is for anyone who would like to relieve stress, increase strength and flexibility, improve balance and overall well-being. Practice gentle yoga poses using chairs, yoga props, and breathing techniques in a friendly and non-competitive environment. Please bring a blanket. 1.25 hour class. *No class Aug 12.* Katharine Kaufman teaching in June.

### Therapeutic Structural Yoga – Wed 5:30pm

This classical yoga practice will restore health in body, mind and spirit, through an emphasis on anatomical alignment. This class, for beginning and continuing students, includes many variations on classical yoga, and will improve concentration, allow for personal growth and create inner calm. 2 hour class. *No class in August.*



### Outdoor Yoga & Meditation - Wed 6:30pm

Come to the hidden jewel of Longmont, Sandstone Ranch! Practice gentle yoga, sitting and walking meditation while overlooking acres of fields, trees and a river as the summer sun moves west. This weekly class is for every body. Bring a yoga mat, blanket and your water bottle. 1.5 hour class.

### Women's Hatha Yoga – Thurs 9am

This class is for continuing students of the Hatha Yoga. We will explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles. 2 hour class. *No class in August.*

### Beginner Friendly Yoga - Friday 9:15am

Each class moves you through carefully designed sequences that work and stretch your whole being. Whether you're new to yoga or a continuing student, the multi-level instruction style allows you to practice safely within your current ability and guides you to work more deeply. 1.25 hour class.

### Sunday Morning Yoga - 9am

Are you new or returning to Yoga? Feel at ease through an alignment based foundational/flow practice designed for every body. Honing awareness, cultivate breath, strength, flexibility, and deep rest; and come to a greater understanding of your own wellbeing. 1.25 hour class. *No class Jun 28.*

Day	Time	Class	Code	Location	Instructor
Mon	4-5:15pm	Alignment Based Yoga	343117	Izaak	Gwyn Cody
Mon	5:30-6:45pm	Wellness Yoga	343118	Izaak	Heidi Nordlund
Tues	9:15-10:45am	Slow-Mo Yoga Flow	343122	Izaak	Diana Shellenberger
Wed	10:30-11:45am	Gentle Yoga	343133	MemBldg	Urszula Bunting
Wed	5:30-7:30pm	Therapeutic Structural Yoga	343138	Izaak	Shar Lee
Wed	6:30-8pm	Outdoor Yoga & Meditation	343172	Sandstone Ranch Visitor & Learning Center	Katharine Kaufman
Thurs	9-11am	Women's Hatha Yoga	343142	Izaak	Shar Lee
Thurs	5-6:15pm	Wellness Yoga	343119	Izaak	Heidi Nordlund
Fri	9:15-10:30am	Beginner Friendly Yoga	343152	Izaak	Diana Shellenberger
Sun	9-10:15am	Sunday Morning Yoga	343171	Izaak	Katharine Kaufman